

## **Historic, archived document**

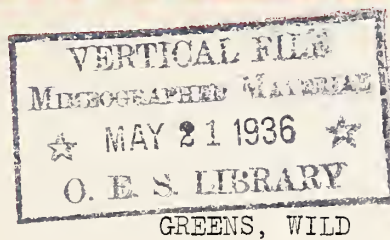
Do not assume content reflects current scientific knowledge, policies, or practices.





No. 33

March 24, 1936



## AND CULTIVATED

Americans are eating greens and salad vegetables of all kinds more than formerly, to judge by the reports of carload shipments of spinach, kale, and other commercially grown greens. There is no record of the amounts shipped by truck of such greens as mustard, collards, kale, turnip and beet tops, and even commercially grown dandelion greens, but it is a big supply. Gardeners and seedsmen are keeping up with the times, improving the familiar garden greens and producing new varieties. For example, there is now the "seven-top" turnip which goes chiefly to tops and has only small roots. Swiss chard, due in the early summer, is really a beet which has been developed for its tops instead of its roots. It makes excellent greens all summer when other greens are scarce. One of the important recent introductions is the sprouting or branching broccoli, which is ready for use in late **spring** and early summer. Then, if the plants are trimmed and kept growing through the summer, it will produce another crop in the fall.

But to return to spring greens. Young, tender poke sprouts are still among the wild greens, but like dandelion greens, they are also grown for sale and can be found in many farmers' markets. People who could obtain them from garden or countryside have always depended on spring greens to give table variety. But one unknowingly may weed out of the garden some of the very plants which would be valuable, if recognized. Not



- 2 -

only poke, but cowslips, purslane, lambsquarters, corn salad, cress, and mustard are valuable greens often to be had for the trouble of picking them. Purslane, sometimes called "pusley", has juicy, thick little leaves, somewhat coarser than its relative, the flowering portulaca. It is good to eat either cooked or as a raw salad with a dressing of vinegar and bacon fat, or vinegar and salad oil. Sometimes two or more greens are combined to give a blend of mild and pungent flavors.

To save all possible food values and good color, all greens are cooked uncovered, in as little water as possible, for a very few minutes, just long enough to wilt them and make them tender. When done they are seasoned in a variety of ways, with butter or other fat, salt and pepper, or with bacon, salt pork or ham, or with oil and vinegar or lemon.

# # # #

